



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Social Inclusion**  
**Date: 8 July 2014**

Present: Lisa Elder (Chair), Dr Deb Faulkner, Angela Bell, Karen Beeching, Lynda Macphail, Sadie Goddard-Wrighton, Heather Trainer, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Karen McDougle, Kristina Barnett, Vanessa Leane, Shijun Huang

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>• welcome and apologies</li><li>• welcome to Dr Deb Faulkner, University of Adelaide</li><li>• introductions were made around the table</li></ul>	
Previous minutes & business arising	<ul style="list-style-type: none"><li>• previous minutes accepted</li><li>• all actions completed</li><li>• have booked a stand at the Disability and Lifestyle Expo on 7 November 2014 to showcase our film and postcards and promote all social programs in the south</li></ul>	

<p>Guest Speaker Dr Deb Faulkner, University of Adelaide</p>	<ul style="list-style-type: none"> <li>• Emerging from the Shadows Project</li> <li>• the aim of the project is to gain an understanding of the effectiveness of programs and services in alleviating social isolation and loneliness. Deb is seeking help to identify older people who are new to a program or service who could be involved in the project.</li> <li>• information sheets about the project were given out</li> </ul>	
<p>Project Update</p>	<ul style="list-style-type: none"> <li>• USB's have been made with the Ignite Your Spark film accessible in different formats</li> <li>• posters have been produced to promote the project</li> <li>• posters and USB's were given out</li> <li>• asked Angela if we can have the list of doctors/medical centres in City of Marion - we have lists for Onkaparinga, Holdfast Bay and Mitcham - SSRG to do a mail out to all medical centres - send a letter, 2 posters, 10 postcards - inform them we have the film on USB and if they want copies they can contact us</li> <li>• plan a second mail out to podiatrists, pharmacies, optometrists etc</li> <li>• initially target medical centres &amp; libraries - then work through other places...</li> <li>• if you do give out postcards/posters can you please email Sally so we have a record of who has what and where</li> <li>• would the post office display posters?</li> <li>• display in council foyers?</li> <li>• would be good to give to meals on wheels to distribute</li> <li>• Sally gave 200 postcards and some USB's to Noarlunga Hospital for them to put in discharge packs</li> <li>• could follow up with the social work team at Flinders - send a pack to them</li> <li>• Lisa to ring her contact at GP Plus at Noarlunga and see if they want the film - she has already given them postcards</li> <li>• do we have the funds to have pop up banners made? - to be used in</li> </ul>	<ul style="list-style-type: none"> <li>• Bev and Sally to do mail outs</li> <li>• Sally, Sadie, Lynda and Angela to arrange in their councils foyers</li> </ul>

	<p>council foyers, at events, Disability and Lifestyle Expo etc</p> <ul style="list-style-type: none"> <li>• In White Space are happy to have a conversation with us to help organise social marketing - put on face book pages etc</li> <li>• maybe Sally to talk on the radio to promote the project</li> <li>• SAHA/ Southern Medicare Local are involved in marketing the app - Sally to talk with them to see if they are interested in promoting the postcard and film</li> <li>• try talking to cinemas about the seniors promotions - seniors online card get promotions via email</li> <li>• Expo- all organisations invited to participate and display information and help on stand during the day - Adelaide Showgrounds - 7 November 2014 - open 10am - 4pm - marketing for stand to be in theme of Ignite Your Spark - members to take turns on the stand - have key ring torches with 'ignite Your spark' printed on them</li> </ul>	<ul style="list-style-type: none"> <li>• Lisa to contact GP Plus <ul style="list-style-type: none"> <li>• Get quotes for banners</li> </ul> </li> <li>• Sally to talk with SAHA to see if they will promote Ignite Your Spark project</li> <li>• Sadie to talk with cinemas</li> </ul>
Project Officer Report	<ul style="list-style-type: none"> <li>• take what project material you need and let Sally know if you want more</li> <li>• gave away Dan Buettner DVDs - How to Live to be 100+</li> <li>• SASMA Symposium - this conference is focusing on innovative and inspirational ways to promote wellness and enablement. The day will incorporate holistic approaches, practical activities and exploration of the life journey. Common perceptions and attitudes will be challenged. The spotlight will be on strengths, empowerment and change. Participants will be leaving with a toolbox of strategies. - Sally to send out once finalised - 17 September 2014</li> </ul>	<ul style="list-style-type: none"> <li>• Sally to send updated symposium information to all</li> </ul>
Information Sharing	<p>Karen - ACH</p> <ul style="list-style-type: none"> <li>• commenced iPad project at Coromandel Valley - seven people booked in - 2<sup>nd</sup> and 4<sup>th</sup> Monday mornings</li> <li>• healthy information sessions to start soon at Coromandel Valley – 2<sup>nd</sup> and 4<sup>th</sup> Monday afternoons</li> <li>• Aldinga and Seaford health information sessions going well</li> </ul>	

	<ul style="list-style-type: none"> <li>• internal review next week - looking at social linking programs</li> <li>• mens fishing group up and running - seven in goup - fortnightly on Wednesdays - have charters during the year - on wet days when they cannot fish - talk about fishing, health, exercises</li> </ul> <p>Sadie - City of Holdfast Bay</p> <ul style="list-style-type: none"> <li>• Staff from Marion and Holdfast Bay attending action learning workshops with Jane Sherwin (BPP) - going well</li> <li>• Groups continuing - movie morning, coffee crawl, M.E.N s group – new group Meat Eat and Natter, walking group and healthy nutrition groups</li> <li>• Wise Move’s program just finished, will do another one next year</li> <li>• reviewing all programs so they are sustainable</li> </ul> <p>Heather – Baptist Care</p> <ul style="list-style-type: none"> <li>• noticable increase in referrals</li> <li>• Hallet Cove group - two sessions so far - people enjoyed it - relaxed and social - has community feel about it</li> </ul> <p>Lynda - City of Mitcham</p> <ul style="list-style-type: none"> <li>• mentoring program in collaboration with Colonel Light Gardens Primary School - attended information session</li> <li>• working with Unley Council for a letter writing project – residents writing to each other - promoting that as Annam Cara - means soul friends</li> <li>• going to the Community Transport Organisation Annual State conference in September</li> </ul> <p>Angela – City of Marion</p> <ul style="list-style-type: none"> <li>• Karen Peddle working on a new project - social connections – making social groups sustainable</li> <li>• have more volunteers than ever before</li> </ul> <p>Lisa - City of Onkaparinga</p> <ul style="list-style-type: none"> <li>• trip to aviation museum</li> <li>• connecting people into community centres</li> </ul>	
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**Next meeting date: 12 August 2014**  
**Time: 9.30 - 11.30 am**  
**Venue: Mawson Room, City of Holdfast Bay**